

How to do 1N (one nostril) Equine Breathing

Equine Breathing is a way to train your horse's breathing back towards normal, it is not a veterinary procedure and this guide is not a substitute for veterinary advice.

Basic instructions



- Choose a safe place where you will not be disturbed at least until your horse starts to enjoy and want to do 1N
- Make sure you have enough time and are not rushed
- Put a head collar on your horse (for the first few times)
- Stand by the left hand side of your horse and face nearly the same direction
- Hold the lead rope but **don't overly restrict** the horse
- Put your left hand over the horse's left nostril and completely block all air flow you should feel suction and pressure on the in and out breaths. Try not to allow any leaks, move your hand to find the best position.



- Keep your hand in position for 5 minutes
- Move to the right side, put your right hand on the horse's right nostril and keep it there for 5 minutes
- Keep your own mouth shut and quieten your own breathing
- Don't talk to the horse
- Don't fiddle with the horse, allow them to enjoy the 1N in peace
- Don't give food or tit bits before, during or after the session



Safety

- Stand facing almost the same direction as the horse so that if they start in a dream your toes will be safe.
- Don't lean in over their heads if they lower them, again, they may start in their sleep and knock your face.
- Choose a safe place to do 1N sessions

How much?

Do this set of 10 minutes 1N (5 each nostril) at least once and preferably 3 times a day.



First thing in the morning is a good time and before and after exercise and last thing at night. Don't do a set straight after feeding.

It's important not to stop doing 1N as soon as symptoms disappear. Continue until the horse has recovered normal correct breathing. This may take weeks or even years.

Correct breathing is **indiscernible** (at rest), that is, the nostrils do not move or flare as the horse breathes and the air movement is silent. The shape of the nostrils of a horse that breathes normally is narrow and slit like rather than open and round.



What to expect

This is the gentlest form of Equine Breathing and yet it can have profound and often immediate results, as well as long term results.

Many horses will soon recognise the pleasant feeling associated with 1N (probably due to increasing levels of carbon dioxide towards normal which reduces adrenaline production) and will relax or even fall asleep, which is fine. They will soon perk up if you want to work them afterwards.



Some horses, particularly those whose breathing has deteriorated, may not immediately recognise the benefits of 1N and may initially not wish to participate.

Fred here is being introduced to 1N for the first time in a demo at a show and is a bit wary at first.

The way you manage any initial wariness is important. The best general tip is to be calmly persistent. As the horse moves keep the hand over the nostril without using force to restrict the horse. If you let go, the precious carbon dioxide that is building back up, is lost, and it takes longer for the horse to feel it's pleasant effects.

It's essential not to frighten the horse at this stage as

Equine Breathing should always be an enjoyable experience for horse and owner.



The more a horse trusts the handler, the more quickly they will take to the breathing. If you feel the horse does not trust you enough, Monty Robert's 'join up' (From my hands to yours) in a round pen is invaluable. For those without access to a round pen, the un ridden exercises in Kelly Marks' book 'Perfect Manners', Richard Maxwell's book 'Unlock your Horse's Talent' and in Parelli natural horsemanship, also build trust. Try doing some before the 1N session.

If you are still having difficulty, try doing the 1N after the horse has been exercised.

Fred has now realised that 1N is enjoyable and relaxing

Responses



Probably the most common initial responses are signs of relaxation such as sleeping and yawning (as demonstrated by Fred here); but also snorting, coughing and tickling in the nose. The horse may wish to rub its nose due to the tickling. The nose may drip or even stream.

As the horse's breathing returns to more normal levels you may notice various responses in addition to relaxation and the reduction of symptoms. These may be similar to 'healing responses' shown in any holistic approach.

They include a flare up of symptoms known to holistic practitioners as "a return of symptoms". These returns are usually subtly different from the original symptom and don't last very long.

Another healing response, known as 'clearing' is thought to occur when the rate of healing is higher than the excretory systems can cope with. As in humans they include a runny nose, itchiness, diarrhoea, lack of appetite, increased thirst, or rashes. Clearings often pass quite quickly, sometimes in a few minutes and so may easily be missed but if they become a nuisance, wait for a day or so until the body has caught up, before resuming 1N. Consult your vet if in any doubt.



You may not see any of these responses but in any case it's a good idea to get some **unrefined salt** to facilitate the healing process. Horses often go through phases of wanting unrefined salt as their breathing changes.

Unrefined salt is grey in colour and is available from supermarkets or health food stores or from Goodness Direct 0871 871 6611 www.goodnessdirect.co.uk. It's clearly marked as containing the original proportion of minerals and trace elements such as magnesium and potassium.

When you start Equine Breathing you may wish to offer your horse unrefined salt daily in a bucket so they can take as much as they need. This can be unpredictable and varies from day to day.

More information on all aspects of running an effective 1N Equine Breathing program is provided in the **1N Training video** and in the **Equine Breathing Starter Guide** available from www.equinebreathing.com/products.php

If you have any queries email clare@equinebreathing.com